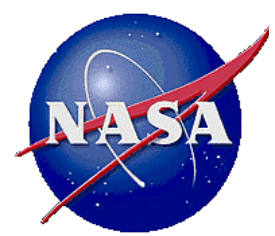


**Save a Life,  
Pass it On ...**

**Leadership ViTS Meeting  
January 31, 2005**

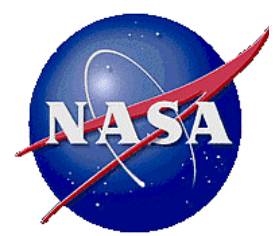
**Bryan O'Connor  
Chief,  
Office of Safety and Mission Assurance  
NASA Headquarters, Washington, DC**



## An Invisible Killer

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- Strokes are a major cause of death in our society today
- Strokes are difficult to identify and manifest themselves differently in different people
- Early identification of the symptoms of a stroke often makes the difference between life and death
- Lack of awareness spells “D I S A S T E R”

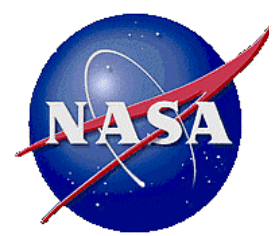


# Stroke Characteristics

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**Most signs of stroke cause:**

- **Impairments of cranial nerve and/or peripheral motor nerve functions (usually unilateral)**
- **Speech impairment (aphasia)**
- **Other effects like**
  - **Global confusion**
  - **Lethargy**
  - **Blind spots/blindness**
- **Combinations of the above**



## Three Simple Steps Make a Giant Leap

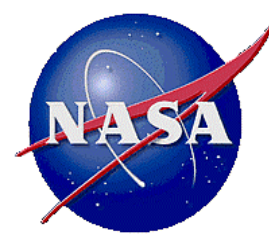
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**A bystander can infer that a person may be a stroke victim after asking the person to perform three simple tasks:**

- **Smile**
- **Raise both arms**
- **Speak a simple sentence**

**If the person has trouble with performing either of these simple tasks, the bystander should immediately call Emergency (9-1-1) and describe the symptoms to the dispatcher**

**This simple test was presented at last February's American Stroke Association with the recommendation of widespread use to identify a stroke and prevent brain damage**



## Pass it on ...

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A cardiologist says that if each person passes this message on to ten people,

**AT LEAST ONE LIFE CAN BE SAVED !!!**